

## Couples Communication Workshop

Welcome to the Lake Arrowhead Couples Communication Workshop for couples living in sobriety. This is a workshop in the sense that you work on your communication skills while you're here. You are invited to participate in all activities while remembering that attendance is always optional, either as a couple or as an individual.

It has been said that a measure of communication's effectiveness is the result it produces. Are your communications getting you the result you want?

You are invited to have a loving and fun-filled weekend, but it is really up to you. Everything depends upon your attitude, and your attitude is always your choice. (Dr. Paul)

**Discussion Meetings:** Pick the topic(s) you wish to attend. Meetings are limited to the first 16 people. Leaders are encouraged to limit their introductions to the topic to 3 minutes. Please set 2-minute timers and then a 1-minute wrap-up for others to share.

1. **Balancing Responsibilities** **Lakeview**  
(2<sup>nd</sup> Floor of Lodge)
2. **The Tone** **Skyview**  
(2<sup>nd</sup> Floor of Lodge- Go out on the patio behind Pineview and walk toward the parking lot.)
3. **Leader's Choice of Topic - See Board** **Pineview**  
(2<sup>nd</sup> Floor of Lodge)  
Kids, Step kids, & Grandkids: Finances, Safety & Trust - Workshop, Sun Topic: Look on the Board.
4. **Ebb & Flow of Relationships** **Library**  
(2<sup>nd</sup> Floor of Lodge – near coffee area)
5. **HP in Our Relationship** **Brookside**  
(Across the parking lot from the front of the Lodge, over the foot bridge. Follow signs)
6. **Making Our Relationship Sparkle** **Jacaranda**  
(Walk out of the Lodge and up the parking lot a little. The building is on the left. Follow signs.)

## Friday, October 3<sup>rd</sup>, 2025

Registration Begins	3:00 pm Lakeview
Newcomers Meeting	4:00 pm Library
Welcome Meeting Podium Participation	4:30-6:00 pm Pineview
Dinner - Dining Room	6:30 pm
General Meeting 5 Love Languages Jason and Heather S	8:00 pm Pineview
Social Hour	9:30 - 11:30 pm Lakeview

## Saturday, October 4<sup>th</sup>, 2025

Meditation Meeting (Skyview)	6:15 – 6:45 am
Yoga (Lakeview)	6:00 – 6:45 am
Attitude Adjustment Meeting For Everyone	7:00 – 8:00 am Pineview
Breakfast-Dining Room	8:00 am
<b><u>1<sup>st</sup> Meeting Session</u></b> (Your choice, any of six topics)	9:00 -9:50 am
<b><u>2<sup>nd</sup> Meeting Session</u></b> (Your choice, any of six topics)	10:00 - 10:50 am
<b><u>3<sup>rd</sup> Meeting Session</u></b> (Your choice, any of six topics)	11:00 - 11:50 am
Lunch Dining Room	12 Noon
<b><u>4<sup>th</sup> Meeting Session</u></b> (Your choice, any of six topics)	1:00 - 1:50 pm
<b>OR</b>	
<b><u>"Communication Breakdown: Keeping the Big Arguments Small" Workshop</u></b> Aubrey K, LPCC & Jim G	1:00 –2:30 pm Pineview

**Free Time- Play & Communicate!** 2:30 – 6:00 pm  
See the Signup Board to play Board Games in the Lakeview or the Living Room area. Individual play ok. Pickleball tournament. Hiking, Tennis, Yoga, Meditation, Pool, Gym

## Saturday, October 4<sup>th</sup>, 2025

Dinner - Dining Room	6:30 pm
General Meeting Dan K and Jennie P	8:00 pm Pineview
Social Hour	9:30 - 11:30 pm Lakeview
Pillow Talk	9:45 pm Skyview

## Sunday, October 5<sup>th</sup>, 2025

Meditation Meeting (Skyview)	6:15 – 6:45 am
Yoga (Lakeview)	6:00 – 6:45 am
Attitude Adjustment Meeting For Everyone	7:00 - 8:00 am Pineview
Breakfast – Dining Room	8:00 am
<b><u>5<sup>th</sup> Meeting Session</u></b> (Your choice, any six topics)	9:00 - 9:50 am
<b><u>Closing Meeting</u></b>	10:15 – 11:45 am Pineview
Lunch – Dining Room	12 Noon

**Please Check Out By 11 am**

## **Goodbye & God Bless!**

The **2026 Couples Communication Workshop** will take place on October 2, 3, and 4, 2026.

The total cost is \$1540.00 per couple. A \$500.00 deposit or more holds your reservation until JUNE 12th, 2026. Balance is due by August 1.

**Website: [www.couplesworkshop.us](http://www.couplesworkshop.us)**

**Email: [Info@Couplesworkshop.us](mailto:Info@Couplesworkshop.us)**

**Phone: (949) 291-6715**

**Checks Payable: Couples Communication Workshop**

**Credit Cards: Use the website**

**Venmo: [Couplesworkshop@Couplesworkshop](mailto:Couplesworkshop@Couplesworkshop)**

**Zelle: [Info@couplesworkshop.us](mailto:Info@couplesworkshop.us)**